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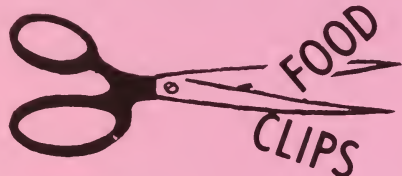
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

December 8, 1975



In This Issue:

- 1 - Food Safety/Salmonella
- 2 - Rural Development Notes
- 3 - Cost of Food (October update)
- 4 - Study on Iron Fortification
Child Care Food Program

Out of flour? Substitute: For 1 table-
spoon of flour (used as a (thickener) use
 $\frac{1}{2}$ tablespoon of corn starch, potato
starch, rice starch, or arrowroot starch,
or 1 tablespoon of quick-cooking tapioca.

* * *

If you're trying to substitute for 1 cup
of sifted all-purpose flour — you need
to use 1 cup of unsifted all-purpose
flour minus 2 tablespoons.

* * *

When the recipe calls for 1 cup of corn
syrup you could also use 1 cup of sugar
plus $\frac{1}{4}$ cup of liquid* — One cup of
honey would require $1\frac{1}{4}$ cups of sugar
plus $\frac{1}{4}$ cup of liquid.*

* * *

A substitute for a "cup of milk" in your
recipe is: 3 tablespoons of sifted reg-
ular nonfat dry milk plus 1 cup minus 1
tablespoon of water, or... $\frac{1}{3}$ cup in-
stant nonfat dry milk plus 1 cup minus
1 tablespoon of water, according to
USDA home economists.

* * *

*Use whatever liquid is called for in
the recipe.

ON SALMONELLA

Plans are being considered to estab-
lish an advisory committee on salmonella,
a bacterial organism which is found every-
where and is frequently associated with
foodborne disease outbreaks. The objec-
tive of the committee, as announced by
USDA's Animal and Plant Health Inspection
Service, is to reduce the incidence of
salmonella in humans, animals and poultry.

Measures will be studied to reduce
the incidence of salmonella organisms of
poultry and animals, and to limit the
spread of salmonella contamination during
slaughtering, and other processing opera-
tions. Other considerations are to solici-
it cooperation of industry, to recommend
new regulatory requirements, and to con-
sider means of disseminating information
on preventive practices to all segments
of industry and to consumers.

ON RURAL DEVELOPMENT

DID YOU KNOW —

...The nonmetropolitan population in this country grew at a rate of 4.2 percent in the 1970-73 period, exceeding the 2.9 percent rate for metro areas? Two factors contributed to this, decentralization of manufacturing and the growth of recreation and retirement activities, according to the Economic Research Service of USDA.

...more than 7 million people over 65, or 36 percent of all people in this age group, live in nonmetropolitan areas. Highest proportion of rural elderly live in the Midwest and the Great Plains region.

...a unique 20-program series of 30 minute audio-cassette tapes entitled "Building with Logs" has been developed by Extension engineers in Alaska. The programs even cover building techniques of Arctic and sub-Arctic building.

Rural cooperatives...The Craft Professional of Vermont received technical assistance from U.S. Department of Agriculture's Farmer's Cooperative Service in organizing a statewide association of craftspeople. The first trade exposition resulted in sales of more than \$70,000 for 89 participating crafts people.

In Massachusetts...5.7 million people live on 5 million acres of land. — Two-thirds of the state is forested and another twenty percent is farm and open land. — Farm production continues to be an essential element of the economy.

BREAD FACTS ... FROM USDA

The net farm value of the wheat in a one-pound loaf of white bread represents about 15 percent of the retail cost of bread. Processing, distribution and other cost amounted to 85.15% — based on 1973 studies .

A bushel of wheat provides the flour for about 70 one-pound loaves of white bread. The labor costs to move a loaf of bread from the bakery to the retail store costs \$4.52 cents, which is more than the farmer received for the wheat in the loaf.

COST OF FOOD AT HOME FOR A WEEK (October)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$29.30	\$36.80	\$44.30
Elderly couple.....	25.70	32.10	38.50
Family of 4 with preschool children.....	41.10	51.40	61.80
Family of 4 with elementary school children.....	49.60	62.40	75.00
Individuals*			
Women			
20-54 years.....	11.80	14.80	17.70
55 years and over.....	10.50	13.10	15.60
Men			
20-54 years.....	14.80	18.70	22.60
55 years and over.....	12.90	16.10	19.40
Children			
1-2 years.....	6.60	8.10	9.70
3-5 years.....	7.90	9.80	11.80
6-8 years.....	10.20	12.80	15.40
9-11 years.....	12.80	16.10	19.30
Girls 12-19 years.....	12.20	15.10	18.10
Boys 12-14 years.....	13.70	17.10	20.60
15-19 years.....	15.10	19.00	22.90

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.

NEW STUDY PLANNED

— ON IRON FORTIFICATION

Various iron-fortified diets will be evaluated under a new one-year research grant between the U.S. Department of Agriculture (ARS) and Beth Israel Hospital, Boston, Mass. Major objectives of the study are to find if supplemental iron during the first 12 to 15 months of life will prevent infants of low-income families from developing iron-deficiency anemia and to test the effectiveness, acceptability and safety of various iron-fortified foods.

Iron-deficiency anemia, probably the most prevalent nutritional disorder of childhood in the United States, is primarily a disease of lower-economic groups; the highest prevalence is among black children under two years of age.

FOOD FOR CHILDREN

— PROGRAM EXPANDED

More children will be fed when the new Child Care Food Program (formerly the Special Food Service Program for Children "year-around"), goes into effect January 7, 1976. Increased payments will be available to state agencies from USDA's Food and Nutrition Service for meals served to children.

Licensed, non-profit, non-residential child care centers will be eligible for assistance under the new regulations. In addition to these increased funds for lunches, suppers, breakfasts and snacks, commodities will also be made available to the states for institutions participating in the Food Program.

Payment rates will be adjusted semi-annually, (on January 1 and July 1) to reflect changes in the "series for food away from home" of the Consumer Price Index. Additional information on the Child Nutrition Programs may be obtained by writing direct to the Child Nutrition Division, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250.

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